MENTAL HEALTH
Talking about issues in underrepresented communities

This story is part of Voices, which is a project that seeks to facilitate civil discourse and build awareness about diversity at Iowa State.

Mental illness can affect anyone. It doesn’t matter how old or young you are, what your financial situation looks like or what gender, sexual orientation or race you identify with. Mental illness can affect anyone, it can also affect people in different communities differently than others.

Because the risks for mental illness are extremely difficult to generalize, as every patient has different experiences that have influenced their mental health, mental health professionals look at every patient on a case-by-case basis, rather than generalizing based on any single factor. However, statistically, differences have been found among race, gender and sexuality.

The transgender community
“I’ve seen a lot more transgender people in the last couple of years than I saw at all over the first eight years that I worked here,” said Dr. Carver Nebbe, a psychiatrist at Thriven Student Health Center. “I think that’s a lot because it’s become more acceptable and more people are going through the process or seeking information about it.”

Nebbe said that a lot of the increase in transgender patients is due to the fact that if a person is considering starting the process of gender reassignment, they first need to complete a psychiatric evaluation.

“One of the things that makes any kind of surgery less likely to be successful is mental health problems,” he said. “This is called the biopsychosocial health model, which recognizes the impact of psychological and physical factors on health and illness.”
FOUR WHITE NATIONALIST POSTERS WERE FOUND AT IOWA STATE LAST WEEK.

THE UNIVERSITY Responded.

The Daily reported on a poster found in Maple Hall. Three posters, previously unreported by the Daily, were found on the Student Services building on the night of Jan. 24, taped to an exterior door. Posters were also found in Friley Hall and on the Campanile.

The posters contained an illustration of the United States attempting to protect its southern border from an unspecified hand and had the hashtag "#MyBordersMyChoice," which was part of a national campaign originating on white nationalist and white supremacist websites and forums.

The poster also referenced language being used in a national movement against sexual assault, appropriating the language to compare immigration to sexual assault.

Senior Vice President of Student Affairs Martino Harmon told the Daily that he has experienced and seen racism his entire life, even being targeted with racial slurs on a regular basis as a child.

Harmon believes at least the poster placed on the Student Services building was targeted and intended to scare the community and create shock.

Confusion in the University

Harmon said on Tuesday that the university made a mistake in responding, stating there was confusion between the posters and a lack of clarity that there were in fact posters in at least two different locations.

Harmon said there was confusion on the part of the ISU Police Department. Harmon asked anyone with information about either incident to come forward.

“Honestly, there was a little bit of confusion when we heard about this, partly because it kind of fell over the weekend, there was confusion because we knew about one of the posters, which was at the Student Services building,” Harmon said. “We got a report about the poster at Maple Hall but I’m not sure that — I think people thought that it was the same one as the Student Services building, which doesn’t matter in terms of investigating, we still investigate.”

Harmon did say the poster at Maple Hall would be easier to investigate because of the four cameras in the lobby. He said that Iowa State Police Chief Michael Newton told him the department was initially unaware of the poster in Maple Hall but is now investigating.

Newton confirmed to the Daily on Tuesday that there was confusion on the part of the police department when attempting to distinguish between the posters. Newton said that while he and another member of the department received an email about it from the Campus Climate Response Team, Newton was out of town and the notification of the poster at Maple Hall was lost in the shuffle.

Newton did clarify that Iowa State Police is not investigating the event at Maple Hall because no crime was committed but is reviewing footage to assist Iowa State in identifying the person who put the poster in Maple Hall.

Harmon did feel it was important to say that the speech on the poster and associated with the group is hate speech that he described as vile, but that it is still protected speech.

Harmon said the university is required to protect the right to disseminating hate speech, as Iowa State is a public institution.

Associate Dean of Students Keith Robinder did not feel there was confusion on the part of the university, noting two separate reports came in through different channels. One is what the university considers to be the official channel in the Campus Climate Response Team, the other was an email sent to the Dean of Students office.

According to Robinder, the university has a system in place that assures all reports end up in the hands of their Campus Climate Response Team to be addressed as they see fit.

“In this case, I think that all of that occurred in that I am a member of the Campus Climate Response Team. I also receive the [Dean of Students...
Robinder forwards Maple Hall email to Office] emails, so I received both notices to two different entities and the visual that was sent was the same poster and so I quickly made sure that the Office of Equal Opportunity and the police were aware that we were addressing multiple posters in multiple locations,” Robinder said. “I don’t know that there was confusion … I don’t know where that would be coming from.”

The Campus Climate Response Team is composed of faculty and staff to provide responses to bias incidents and other issues surrounding diversity and inclusion.

According to Robinder, the email from a student notifying the Dean of Students office about the poster in Maple Hall was received at 7:55 a.m. on Thursday. Robinder passed the information to the Campus Climate Response Team, which includes members of Iowa State Police, at 8:21 a.m.

“It just says ‘here’s another report that came in from another student showing the same flyer was in Maple Hall,’” Robinder said, reading the email he sent aloud.

The poster at the Student Services building was reported at 11 p.m. on the night of Jan. 24 and was removed before Robinder got to work about 8 a.m. the next morning. The email to the Campus Climate Response Team about the first report was sent at 7:45 a.m. on Thursday, according to Robinder.

While Harmon said the hate speech on and connected to the posters is protected; the manner in which they are being posted is a violation of the university posting policy. Harmon also said the university wants to have a conversation with whoever is posting them because they feel the tactic is not conducive to a productive conversation.

University Response

As the Daily reported Monday, no emails were sent to residents of Maple Hall on Thursday, or students campus wide, notifying them of the poster being found. Harmon said he felt the university can do more to notify students when these posters are found around the university halls, but added that the university does not intend to issue a statement each time they are found.

“Again, while specific notification to the students in Maple could have been helpful, but we also balance how many times do we notify students when these postings go up, and do they help the situation, or do they give these groups more attention,” Harmon wrote in an email to the Daily on Tuesday to clarify something he mentioned in an interview that morning. “It is debatable, but in this case the notification to Maple students could have at least provided an opportunity for someone to come forward and report, or at least communicate their feelings and concerns.”

“It’s just a case-by-case basis because sometimes notifying the community is the best decision and sometimes it may not be,” Robinder said. “I think we have a representative from the Department of Residence on the team and we tend to defer to the expertise they bring to the conversation and about what’s going on when it’s in a residential community.”

Robinder said there are a number of factors that go into deciding whether or not to notify students including the scope of impact, whether or not there’s an investigation and whether or not the community can help identify the responsible party.

Robinder also said they consider if notifying students will “give more credibility to the poster and gives more attention to it.” Robinder said people often post controversial materials in an attempt to stir up the pot and felt that sending the email can “fuel the controversy.”

“Part of what we want to do is think about whether or not it’s actually more effective to have a very limited response because then you can extinguish any energy behind a bias-related incident,” Robinder said. “So it’s care for the students who are impacted and how many we know have been impacted or not impacted and whether or not we can extend more of the investigation process.”

“We were aware of the situation and didn’t feel we had enough information to make a decision yet and so I think we were waiting for more information to come in,” Robinder said. “Given that we weren’t sure at that point if there were more posters from around campus, given that within 10 or 15 minutes, gone from an incident of one poster reported the previous night to a second poster in a different area in campus.

“We needed to determine, is this more widespread, is this a multicultural or is this a hate crime, and so I’m sure that we decided not to notify the residents of Maple Hall, we were just really looking to determine what is it that has occurred and what is the appropriate response.”

Robinder added that the Campus Climate Response Team was in an information gathering phase rather than acting quickly on what he described as an incomplete facts.

Robinder said he felt that a decision had not been made to notify students, but that the university simply decided they did not have enough information to make that decision.

“I am not aware of any conversations about sending an email out campus wide or even within the community,” Robinder said.

Robinder said that many students do not understand the complexities of making a decision in situations like this.

“The team would make that [decision to notify students] collectively, and I think that this case, this hasn’t risen to the level we feel like — I’m not aware of any conversations about communicating to the campus about what happened last week,” Robinder said.

Robinder said that while some students feel safer when notified, some who were not previously aware of the situation would feel less safe after receiving the email.

Harmon said a decision was made not to send an email to the entire institution because the university administration has made statements in response to hate incidents, both locally and nationally. Harmon said students want action rather than just statements disavowing the acts and statements.

He did say this was a response to this particular situation and statements may be issued in the future.

“Should we have reached out to students in the residence hall? In hindsight, that probably would have been a good idea,” Harmon said. “But again, it was that concept of are we giving them [those who put up the posters] more attention than they deserve?”

Moving Forward

Harmon addressed concerns from the students who found the poster in Maple Hall that the university is not doing enough.

“We've got to fight back by showing the people that are doing this that they don't matter. They're not important and they can go back under the rock from which they came,” Harmon said.

Harmon expanded on his personal feelings towards white nationalists and racist activity on campus. Expressing his own personal disdain for these beliefs systems, he was clear that he cannot simply sit back and wait for others to correct with.

“I understand that this has an impact, but we can't let these situations make us feel like we're helpless or hopeless,” Harmon said. “We've got to fight back by showing the people that are doing this that they don't matter. They're not important and they can go back under the rock from which they came.”

Harmon felt from reading the comments about the story on social media that it was clear many had not researched the hateful rhetoric found on the website associated with the hashtag.

Harmon discussed several initiatives the university has undertaken in an effort to increase diversity and inclusion. He did say that regardless of all of the education, conversations and efforts, there will always be people who want to express hatred.

“We've got to fight back by showing the people that are doing this that they don't matter. They're not important and they can go back under the rock from which they came.”

—Martino Harmon
POLICE BLOTTER

1.29.18

An officer investigated a property damage collision at Lot 22 (reported at 12:01 p.m.).

An individual reported the theft of a bicycle at Geoffroy Hall (reported at 9:00 a.m.).

An officer initiated a trespass related investigation at 35 at Friley Hall (reported at 4:45 p.m.).

Jack Michael Phillips, age 19, of 212 Beyer Ct Unit 2276 - Ames, IA, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia - Ames, IA, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia (reported at 4:45 p.m.).

An individual reported the theft of a phone at Lied Recreation Center (reported at 6:19 p.m.).

An individual reported the theft of a lifting belt and chalk at the Wallace Wilson Commons (reported at 6:19 p.m.).
Safeguarding women's health: The importance of legal abortion access

By Megan Petzold

In the United States, the right to safe and legal abortion is a cornerstone of reproductive rights. However, the availability of abortion services is not consistent across economic and racial lines, leading to disparities in access to reproductive health care. This article explores the reasons behind these disparities and highlights the importance of legal abortion access as a means to protect and improve women's health.

One in five women of reproductive age in the United States will have an abortion at some point in her life. Among women at the poverty level, the abortion rate is nine percent. Yet the total number of abortions is greater among low-income women. Why? Because unwanted pregnancies are greater among low-income women. Laws that make birth control less accessible and affordable increase abortions. Lower-income women are less likely to be able to afford to pay if their insurance doesn’t cover it. Child-bearing, low-income women face higher rates of childbirth mortality. Even more chillingly, infant mortality among black children is more than twice the rate of white infants.

When pregnancies are planned, research is very clear that children are healthier; their infant survival rates are higher, they live longer, are less likely to live in poverty and even have better long-term educational outcomes. So those who oppose abortion because they are “pro-life” should, perhaps paradoxically, support affordable and accessible contraception for all women, regardless of income. Then, more children will live and will live better lives as a result.

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Wednesday, January 31, 2018 Iowa State Daily

OPINION 05

COLUMN

Stress relief in moderation
Take some time for yourself

BY MEGAN PETZOLD
@IOWASTATEDAILY.COM

A few days ago, I asked some of my friends to send me something they are passionate about. One of my friends said he was passionate about video games, another said soccer and another said football. The majority of people who answered my question responded with their favorite thing to do in their free time, which happened to be their way of coping with stress.

Many American adults (even of all ages) declare they are currently under daily stress, whether it’s work related, personal or brought on by social pressures. Hating sports or athletics be the thing you turn to when you’re stressed has many benefits to it. Doing physical activity to relieve stress has been shown to minimize fatigue, improve concentration and alertness and raise the total cognitive functions compared to someone under a great amount of stress. Also, doing physical activity releases endorphins that carry natural painkilling chemicals along with reducing stress. All the reasons above are why I believe my friends are passionate about sports.

Along with all the physical benefits, sports are a great way to meet new people. Being a member of a team has made my friends feel included in their new lives away from home at college. Sports is one of the stress relieving activities that doesn’t have many cons. Besides the danger of hurting yourself in one way or another, athletics proves to have many physical and social benefits that make it a great way to make you feel less stressed.

Video games and binge watching TV are two more stress relievers that were brought to my attention. I believe that video games are stereotypically meant for boys to play and be addicted to, but this stereotype is slowly becoming a fallacy. More and more females are playing video games, making it more of a great social activity.

While playing video games, people can talk to other people from down the street to a few states away to even countries away. Video games have also been proven to help players make faster, accurate decisions along with improving how your brain processes visual information.

I would still choose physical activity over video games because video games still can be addicting to some. But video games, played in moderation, can be an amazing way to relieve stress. Sometimes people need that hour of fictional violence to feel less stressed.

Binge watching. The temptation that has been with all of us since we first began watching television. As much hate as my generation is getting for watching Netflix, Hulu or YouTube more than they probably should, I think that this is just another way to relieve stress.

Binge watching provides a great way to start a conversation with others. Saying that you watch a show is the new equivalent to fantasizing over fictional characters in books. Yes, some of us do read books instead of getting absorbed into a fictional televised land, but fantasizing is nothing.

The only rules are that you must be fictional and an original storyline. You did not create. Binge watching is a great way to take your mind off the realities of life and focus on someone else’s successes and mistakes.

Personally, I see no problem in binge watching as long as you leave time for the important things.

Procrastination is good in small portions. If you push off a project worth 80 percent of your grade for eight out of the nine weeks given, that probably is too much. But waiting one week and doing it slowly until the due date is a better way to use your powers of procrastination.

I am a firm believer in things in moderation that it will probably be engraved on my gravestone, and it is my belief here.

If you relieve stress by playing video games, play for two or three hours a day or just wait until you finish your homework or whatever other important tasks should be done. If you fell in love with fill in the blank with your recent show obsession and you feel yourself sliding into the binge watching place on the couch, take a break and do something productive. Allow yourself a few episodes of “down time” after school or work, then finish your homework, paperwork or chores and return to your shows.

There’s a line on how much procrastination you can do before it begins to interfere with your life. Try not to cross it.

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Many American adults (even of all ages) declare they are currently under daily stress, whether it’s work related, personal or brought on by social pressures. Hating sports or athletics be the thing you turn to when you’re stressed is a simplistic statement that addresses the abortion issue in a narrow way, ignoring or minimizing the realities of child-bearing outcomes.

Actually, it was the reinstatement of legal abortions. In both Europe and the U.S., abortions were legal until restrictive laws were passed to take time off from work to go to distant clinics and comply with waiting period requirements. When pregnancies are planned, research is very clear that children are healthier; their infant survival rates are higher, they live longer, are less likely to live in poverty and even have better long-term educational outcomes.

So those who oppose abortion because they are “pro-life” should, perhaps paradoxically, support affordable and accessible contraception for all women, regardless of income. Then, more children will live and will live better lives as a result.

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Iowa State Daily Wednesday, January 31, 2018

SPORTS

06

IOWA STATE
(11-9, 2-6 Big 12)

WEST VIRGINIA
(16-5, 5-3 Big 12)

Ames, Iowa
Hilton Coliseum
6pm Wednesday
Watch: ESPNU

No Weiler-Babb for ‘Press Virginia’

BY AARON MARNER
@iowastatedaily.com

Iowa State enters its first game against West Virginia this season with a new challenge.

Redshirt junior starting point guard Nick Weiler-Babb will miss at least the next two games with a knee injury that has plagued him since before the start of the season.

“Nick will be out the next week, possibly two weeks,” said coach Steve Prohm. “For at least the next two games he’ll be out, and then we’ll re-evaluate next week sometime.”

That’s especially a problem for Iowa State (11-9, 2-6 Big 12) against a team like West Virginia (16-5, 5-3 Big 12). When the No. 15 Mountaineers and Cyclones face off at 6 p.m. this Wednesday in Hilton Coliseum, West Virginia’s press will have the potential to be even stronger than usual.

West Virginia ranks second in the nation in turnover percentage at 26 percent, according to KenPom. When Kentucky pulled off a come-from-behind victory at West Virginia last weekend, it did so despite turning the ball over 16 times.

And now, the Cyclones must face that challenge without their starting point guard.

Prohm said freshman guard Lindell Wigginton and senior guard Donovan Jackson will handle point guard duties in the meantime.

“Takes care of the ball will be the main challenge for Jackson, Wigginton and the rest of the team.”

Weiler-Babb has 139 assists and 53 turnovers this year (2.62 ratio). That’s a solid number for a point guard and it would’ve been valuable against “Press Virginia.”

Wigginton and Jackson, however? Neither of them have an assist-to-turnover ratio better than 1.0, which will be a problem. So how does Iowa State beat the press?

“Ball movement,” Wigginton said. “Not trying to dribble through the press. The ball moves faster than people.”

And winning at Hilton is nothing new to West Virginia. The Mountaineers have won at Hilton each of the last two years — accounting for two of Iowa State’s four home Big 12 losses in that time.

At Big 12 media day in October, Mountaineer guard Jevon Carter raved about Hilton’s atmosphere.

“T heir fans are crazy at Iowa State,” Carter said. “That place gets loud. The fans get there a couple hours before the game, the student section gets packed, it’s just a great experience to play there.”

That “great experience” will only continue for Carter if Iowa State isn’t able to figure out the full court pressure from West Virginia.

If the Cyclones can get some easy buckets in transition after breaking the press, maybe the Mountaineers’ winning streak in Ames will stop at two.

“We’ve got to play with what we’ve got,” Wigginton said. “It’s a big miss because Nick’s great with the ball, he’s great at handling pressure. It’s a big miss but I’m ready to step up to the challenge and do what I’ve got to do.”

Weiler-Babb Injured

Redshirt junior guard Nick Weiler-Babb will miss at least the next two games with tendonitis in his knee, according to coach Steve Prohm.

Weiler-Babb, who is averaging 11.6 points, 7.1 rebounds and 7.0 assists per game this season, would have been a crucial player to have against a team like West Virginia.

Weiler-Babb has been dealing with the knee injury since before the beginning of the 2017-18 season.

“He’s got tendonitis,” said Iowa State’s athletic trainer, Vic Miller. “It’s been going on for a long time, since this past summer.”

Weiler-Babb missed time in the YMCA Capital City League over the summer due to the injury.

Without Weiler-Babb, Donovan Jackson and Lindell Wigginton will be the primary ball-handlers.

“I don’t know exactly how long [he will be out],” Miller said. “I would expect we’re talking weeks, not days.”

BASKETBALL
Members of ISU Juggling and Unicycling Club balance all the normal things a college student balances — school, work and a social life.

They also balance clubs, hoops, torches and machetes. The Juggling and Unicycling Club is dedicated to learning, practicing and innovating a variety of performance skills, from juggling balls, clubs, torches and machetes to hopping over a jump rope on a unicycle.

More important than the act of juggling itself is the atmosphere of friendship, acceptance and a willingness to teach expressed by the members. President Jeff Yokup and head of events Rebecca Rehm say they can teach just about anybody and, furthermore, are excited to do so.

“We’ll teach you anything you want, really,” Yokup said.

“It’s a ‘for fun, learn something’ club,” Rehm said.

Both agreed that there is no set in stone learning period for each of the activities offered, so members learn at their own pace. For some, it may take only an hour to learn to juggle three balls — known as “cascading” — but for others it could take a week or more to master.

The club offers far more than just juggling and unicycling, as the name would suggest. Among the different skills practiced in the club are poi, hoop, shaholo, flow-wand, multiple variations of unicycles and a variety of items to juggle. The juggling props range from clubs, balls and rings, and few members can even juggle machetes. They also bring out flaming versions of many of their props for certain performances, like their show for Greek Week last year.

The club performs throughout the year at different events and they try to schedule a few for the more stressful periods, like finals week, to bring lighthearted entertainment to students. They also attend large performance art festivals, such as Mad Fest and Mondo, where they can exchange ideas with other artists.

New members may come to their first practice for the novelty of juggling and performance arts, but many of them stay for the supportive community.
Iowa State Daily  Wednesday, January 31, 2018

**VOICES**

social factors (emotional states, beliefs, social factors and behaviors) on the development and outcomes of illness and disease. Studies have found that patients with depression are more likely to experience intense pain both short term and long term after surgery.

**Seeking treatment**

Another difference Nebbe brought up was the difference in how people seek treatment. He said that medication is cheaper, easier and less time consuming than therapy and when people do decide to take the therapy route, they prefer to, at least initially, speak with someone that they can identify with, whether that means in terms of gender, ethnicity or culture.

In terms of seeking treatment from professionals who share the same likeness, physically or culturally, Student Counseling Services staff psychologist Eti Pederson believes that it’s difficult to generalize and it depends on the person seeking treatment.

“Maybe seeing someone of a similar identity is a way in. If you come in and say ‘oh, there’s another Indian person here, this is a safe space,’ but really what makes people stay is just having someone who just cares about them and is listening to them,” said Sparty Surapeneni, a doctoral intern at Student Counseling Services. “At that point, I think that takes over the need for having a counselor that is the same identity.”

The Minority Stress Model

One thing that all of these professionals can agree on is the role discrimination and rejection play in anyone’s mental health.

Dr. Carolyn Cutrona is not only the head of the psychology department at Iowa State, but she was also the president of an organization called Parents and Friends of Lesbians and Gays and the president of the board of Iowa Safe Schools which aims to provide safe, supportive, and nurturing learning environments and communities for LGBTQ and Allied youth through education, outreach and advocacy.

Through her experience with LGBTQ youth and clinical psychology, she has found truth in what is named the “minority stress model.”

“The minority stress model says that there’s nothing intrinsically wrong with LGBTQ people... There was a belief at one time that being gay or lesbian was a sickness and with it came all of these mental illness symptoms, but it is that they are stigmatized and rejected by society,” she said.

“So that’s very stressful and it is stress that leads them to be more depressed on average and attempt suicide more often.”

She said that it isn’t uncommon to find that the minority stress model will affect any underrepresented individual, whether that be sexual orientation, race, etc.

“When someone feels oppressed or marginalized in a space, when someone feels responded to in a way that sends an unwelcome message, that’s more draining on our energy if we’re experiencing that,” Pederson said.

Nebbe also said that the greater risk for abuse and harassment that those with alternative gender identities experience also puts them at higher risk for mental health issues.

Cultural stigma

In addition to the discrimination or harassment that these groups might encounter from their peers, there is also the stigma associated with some of their cultures.

“I think culture plays a huge role in [stigmas] and the messages that students get,” Surapeneni said. “I know in the international Asian-American population, students have talked about how mental health is discussed in their home countries… I hear them constantly say, ‘Well, this isn’t something that I would typically talk about in my country.’

**Getting help on campus**

In terms of international students, Surapeneni and Pederson agreed that sometimes these students may not know that mental health services are available to them on campus, or that some students feel like their problems aren’t big enough or severe enough to utilize the counseling services on campus.

“If you need help and you need a space to talk and work through what’s going on with you, then you’re not wanting anyone’s time,” Surapeneni said.

Cutrona also said that some students, especially as she has found, male or veteran students, have a hard time admitting that they have a mental health issue that they need help with. She reminds students that working towards mental health “isn’t overcoming a weakness – it’s overcoming a challenge.”

Pederson and Surapeneni urge students to either walk into the counseling center or to utilize the Let’s Talk program which is run by volunteer graduate psychology students from 3 p.m. to 5 p.m. Monday through Thursday in the Multicultural Center.

Thirdee Student Health Center also has mental health services available to students.

**Want to talk?**

This story is part one of two. If you are an underrepresented Iowa State student who would be interested in telling your mental health story, contact Voices Editor Megan Sako at megan.sako@iowastatedaily.com.

**JUGGLING**

the atmosphere and social acceptance offered by the club.

As a transfer student, Yokup said he came to Iowa State not knowing many people or having much involvement on campus. When he saw that there was a juggling club on campus, he decided to attend despite being a little scared to show up.

Today, Yokup has built friendships through the club and currently serves as their president. He says the experience has been an incredibly positive one and he encourages all students who are looking for a new experience and some new friends to stop in for a practice.

Rehm also promotes the social aspect of the club as an important part of her college experience. Coming from a small town, Rehm was the only person she knew who had any interest in poi, a practice.

“I get to be the person who’s there for people and teaching people, and that is the coolest part,” Rebecca Rehm, senior in geology, said.

When he was a graduate student in aerospace engineering, Polzin saw the club at Chibest using the diabolo. Although he has moved on from school, he continues to participate in the club meetings to improve his skills and get in some exercise.

Overall, club members agreed that the best part of their club is that anyone can come in to learn new skills they otherwise wouldn’t have dared to try.

“We have a lot of really talented people here who are willing to teach people free of charge just because they enjoy doing it,” Yokup said. “I think that’s a beautiful thing.”

“The older I get, the more skills I wish I learned as I grew older, so the best part about this is I always learn a new skill and I meet new people,” Rehm said. “There’s always some more to learn and new things to work on. I think as a college student it can be kind of hard to dedicate yourself to something you don’t feel like doing, but I do feel like they are doing it.”

There’s something about juggling that like… it’s fun, so it doesn’t feel like a chore to get better.